



MEDIUMS FOR CHANGE

YOUTH EXPRESSION PROJECT

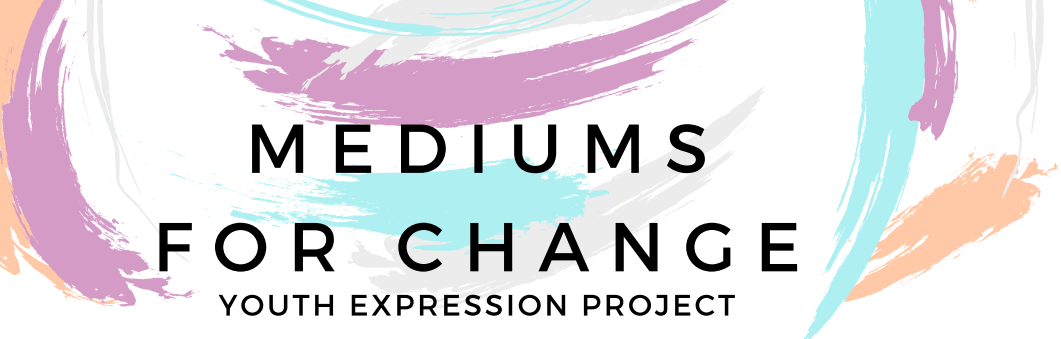
Nebraska junior high, middle school, and high school students are invited to enter the Mediums for Change Youth Expression Project. Mediums for Change is an art, digital media, poetry, and prose contest for young people across Nebraska. Following four themes, young folks are encouraged to respond to a theme in a way that feels appropriate to them. Winners will be chosen from the submissions. All chosen winners will be published in a book and receive copies; a top percentage of winners will also be given cash prizes. A celebration will take place in honor of all the published creatives in Lincoln*.

More information can be found at www.nebraskacoalition.org

**dependent upon recommendations for safe gatherings by the CDC*



NEBRASKA COALITION
TO END SEXUAL AND DOMESTIC VIOLENCE



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HOW DOES IT WORK?

Create an original expression in response to one of our four themes:

- My Community is Beautiful
- This Planet is Precious
- My Voice is Powerful
- Together We Can

The mediums accepted are poetry, prose, storytelling, artwork, photography, and digital expression. Writing must be less than 100 words and other forms of expression must be shared in one file or photograph. Each person can submit up to three entries. Check out the submission instructions for more information on sharing your expression with us.

WHO CAN ENTER?

Student authors and artists should be in Nebraska junior high, middle school, or high school. All public, private, home, and alternative school settings are applicable.

AWARDS

All group of creatives will be chosen to have their expression published in the Mediums for Change book. All featured authors and artist will receive a copy of this book as well as their school.

In addition, a percentage of the top submissions will win \$100 cash prizes or \$50 cash prizes.

DEADLINE

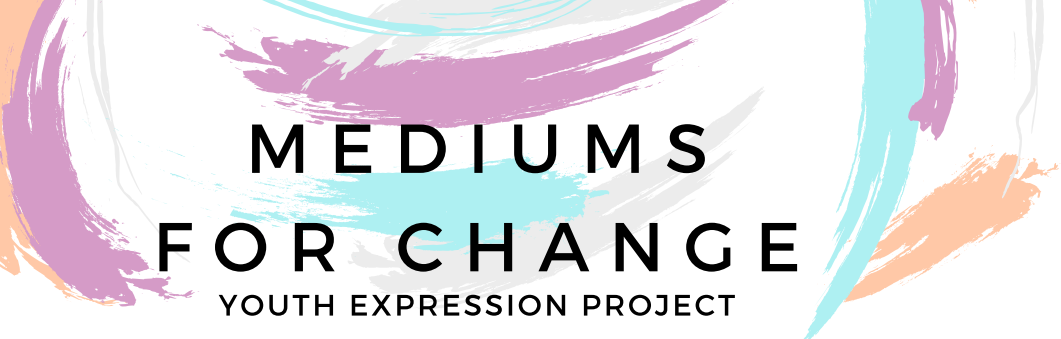
Deadline for all submissions is **February 1, 2021**.

QUESTIONS?

Contact us at mediumsforchange@gmail.com!



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SUBMISSIONS

After you've created your original expression, share it with us! We will be taking submissions through Google Forms and standard mail. You can find the link to the Google Form on our webpage under **Get Involved**.

If you'd like to send your submission via mail please send your submissions to:

Mediums for Change

Nebraska Coalition to End Sexual and Domestic Violence

245 S 84th Street, Suite 200

Lincoln, NE 68510

SUBMISSION INSTRUCTION

If you are sending in poetry, prose, or other written word, please upload the attachment as a PDF, Word Document, or Google Doc to the Google Form on our website. If your creation is in the form of art, please take a photo or scan and upload the attachment to the Google Form. Any other questions about best ways to submit your expression can always be sent to us at mediumsforchange@gmail.com!

SUBMISSION QUESTIONS

If you have any questions about how to share your creation with us, send us an email at mediumsforchange@gmail.com! We'd be happy to help.



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My Community is Beautiful

There is beauty all around me in my community: my neighbor's dog, the library down the street, the backyard barbeques, and the cookies shared at the holidays. Although each of these things are beautiful, the thing that is truly beautiful is the people. Neighbors that rely upon each other, friends that support each other, and leaders who lift up the community have shaped this into our home. This community inspires me. This community gives me strength. This community is my home.

Get Started

What things do you love about your community?

Who makes your community great?

Do you have a favorite place in your community?

Do you have a favorite celebration or time of year in your community?

What does community mean to you?

How do you share your community with others?

Get Inspired

Check out the mural **Common Threads**, in Philadelphia located on Broad & Spring Garden Streets. Listen to the song **Together** by Martin Garrix--bonus, watch the music video to see some art being created.



This Planet Is Precious

This planet is more than just our home. It has beautiful, bountiful lands that provide adventure, provide ways to harness energy, and provide our homes. This planet gives to each of us every day. The birds that flee from tree to tree, the water that runs in a small stream, and the clouds that hang above us are precious. They all bring beauty and create this space we are lucky to call our home. This home is worth saving. This planet is precious.

Get Started

What are your favorite parts of our world?

Do you have a favorite place in nature? What is it like?

How do you think we can do better at protecting our planet?

How can you care for our planet?

What does precious mean to you?

How can we come together to protect our planet?

Get Inspired

Check out the work of Vanessa Barragão, specifically **Botanical Tapestry**. **Among the Sierra Nevada Mountains California** by Albert Bierstadt, **Water Lilies** by Claude Monet, and **The Harvest** by Vincent Van Gogh all capture beautiful parts of our world.



My Voice Is Powerful

Even though you are only one person, your voice is powerful. You can speak out for the things that you care about. You can speak up for others. You can speak up for what is right. The voice of one person can change the day or even the life of someone else. By speaking out, you can inspire others. Sometimes it may feel like you cannot make change, but your voice matters. Your voice is powerful.

Get Started

What matters to you?

Is there an issue that you want to speak out about?

Are you inspired by someone else who speaks out for what is right?

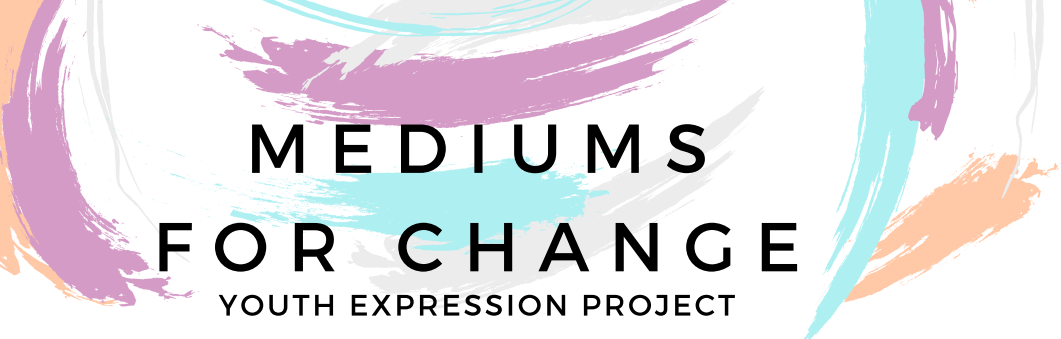
How can you make the world a better place by using your voice?

How can we support each other in using their voice?

Get Inspired

Check out **PREVAIL** by Michelle Robinson, **Speak Out** by Amelia Dubin, and listen to **Listen** by Beyoncé. Read **Still I Rise** by Maya Angelou.





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Together We Can

The world around us has changed dramatically this year. Although nothing is the same, we have come together to push forward. Our communities have leaned on each other to provide healthcare. Our communities have supported each other in fights for justice. Our communities have transformed so that we may connect. All of these things are possible because we do them together. When we all work for the common good, we can make change that changes a generation. Although our voices are strong, we cannot do it all alone.

Together we can.

Get Started

How have you seen your community come together this year?
How has the world changed because people are working together?
In what ways can we join together to make more change?
Who needs to join in the fight for what is right?
How can we move forward together in this new world?

Get Inspired

Listen to the song **We Shall Overcome**--we recommend the Joan Baez version. Read **Carrying Our Words** by Ofelia Zepeda.



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